## **AVOID MOSQUITOES**

## PROTECT YOURSELF AND YOUR FAMILY

- **★** Wear long, loose and light-colored clothing.
- ★ If possible, stay indoors when mosquitoes are biting.
- Use insect repellent products with the smallest percentage of DEET necessary for the amount of time you are exposed to mosquitoes, but no more than 50% for adults and 10% for children under 12. Adults should apply repellent on children.
- Spray repellent on your hands and then apply to your face.
- Only apply repellent to exposed skin and clothing. Do not use repellent under clothing.
- Do not apply repellent over cuts, wounds, sunburn, or irritated skin.
- Wash repellent off daily and reapply as needed.

## PREVENT MOSQUITOES FROM BREEDING

- Turn over or remove containers in your yard where water collects, such as old tires, potted plant trays, boats, buckets and toys.
- Clean out birdbaths and wading pools once a week.
- Clean roof gutters and downspout screens regularly.
- **Eliminate standing water on tarps and flat roofs.**
- Do not leave garbage can lids upside down or allow water to collect in your garbage can.
- Make sure all window screens are in good repair without holes in them.

Mosquitoes may carry potentially dangerous viruses, such as West Nile virus.

